

## ASK YOURSELF WHY

Before you reach for a snack, think about why you want to snack. Is it because you are really hungry? People often snack for many reasons. Stress, boredom, habit, and hectic schedules are just a few. Another one is thirst. When the body doesn't get enough water, it sends out a message, which we sometimes perceive as a sensation of hunger instead. If you do feel hungry, and drink water first, very often the hunger sensation will mysteriously disappear!

## MODERATION IS THE KEY

Let's face it, sometimes you do want chocolate, and a piece of fruit or other healthy snack is not going to change that. Guess what: On occasion, that's OK!

### Healthy Snack Ideas:

100 calorie pack snacks

Pretzels, baked chips

Fruit, fresh or dried

Pre-cut and washed veggies

Popcorn (plain or lite)

Low-cal yogurt or smoothies

Cereal, granola or sport bars

Individual soup containers/packets

Tuna packed in water

Low fat cheese sticks

Single serving cereal or oatmeal packs

Nuts or trail mix (watch- high calorie)

These and other materials to help you on your way to your health goals available at:

**Weight Gain Prevention  
Community Website**  
<http://airforcemedicine.afms.mil/shapeyourfuture>

Pamphlet originated at:

Ramstein Health and Wellness Center  
Ramstein AB, Germany

## ***SENSIBLE SNACKING***



*Snacking and eating healthy  
is a matter of moderation--  
not elimination.*

Nothing makes a food more attractive than vowing never to eat it again. Therefore, it's best not to set impossible standards for yourself. Instead, apply these healthy eating guidelines to your snacks as well as to your meals.

# HEALTHY SNACKING

You're sitting at your desk, minding your own business when it hits you. Your stomach growls, your mouth waters, your mind wanders. No doubt, you're hungry. But, it's just 10 am. - two hours away from lunch! What to do? Have a snack!

*Snacks can be good for us if we make good choices.*

By making healthy choices, snacking can enhance, rather than hurt, your diet. Healthy snacks can add fiber and nutrients to your diet without adding unwanted calories. They can also give you an energy boost during the day and help fuel your workouts. Finally, snacking prevents excessive hunger, which can lead to overeating. Therefore, choosing healthy foods is just as important at snack time as at mealtime.

*Not all snacks are created equal.*

Many of the snacks we like to eat are high in fat, sugar, and sodium. If eaten regularly, these foods can negatively affect our health.

## HOW TO CHOOSE WISELY

To avoid gaining weight from snacking, keep your portions small and try to space your meals and snacks three to four hours apart. Also, keep snacks under 250 calories. Reading the food labels of packaged foods will help you determine the number of calories per serving.

**For healthy and filling snacks try:**

- Fresh fruit or canned water-packed fruit
- Raw vegetables (cut and portioned in small plastic bags)
- Non-fat or low-fat whole grain crackers

- Dry cereal (in small plastic bags)
- Non-fat or low-fat yogurt or cottage cheese
- A handful of nuts or dried fruit
- Container of orange juice or vegetable juice



## SNACKS TO AVOID

- Fatty foods
- Salty foods
- High sugar foods
- Foods completely lacking in vitamins, minerals or fiber